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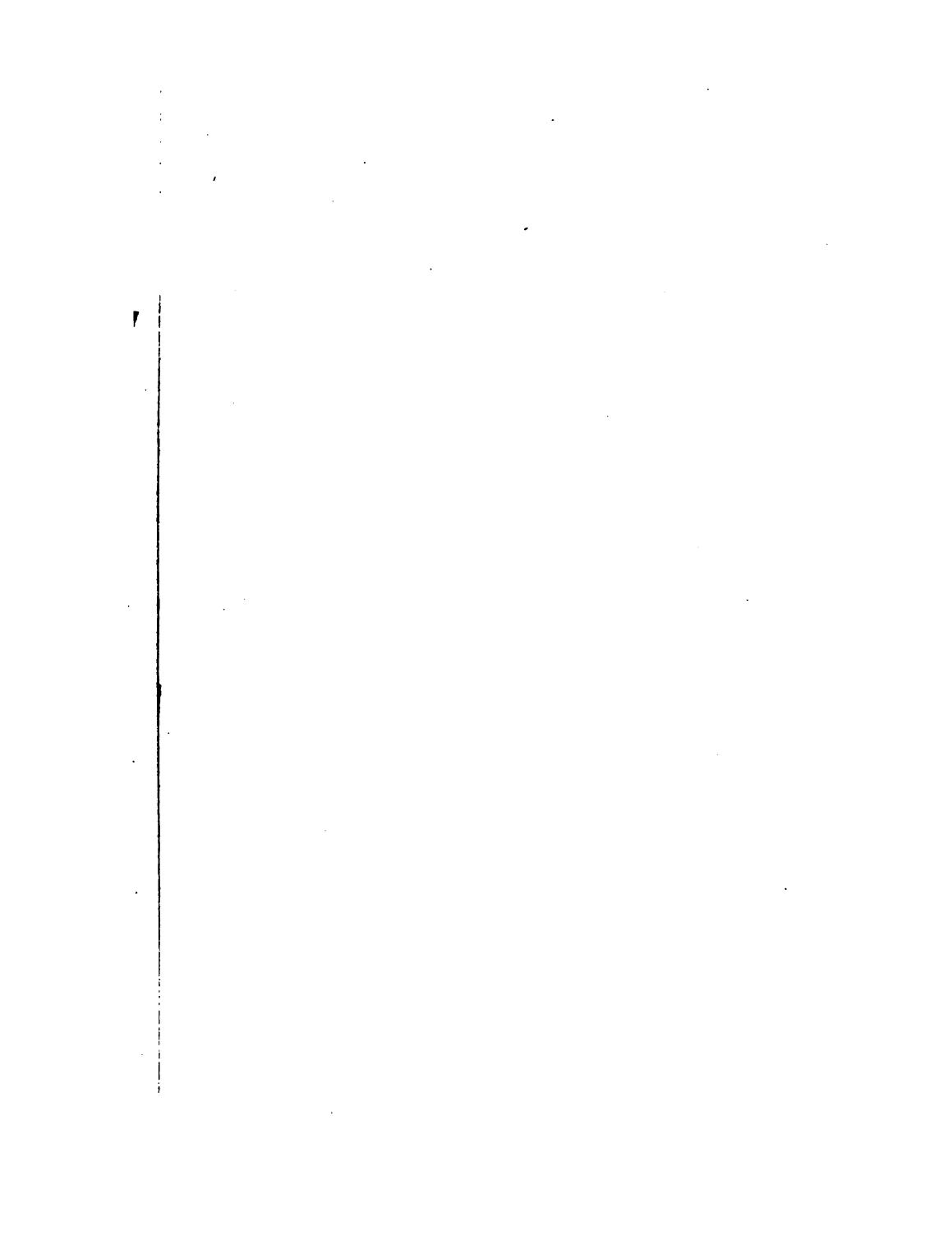
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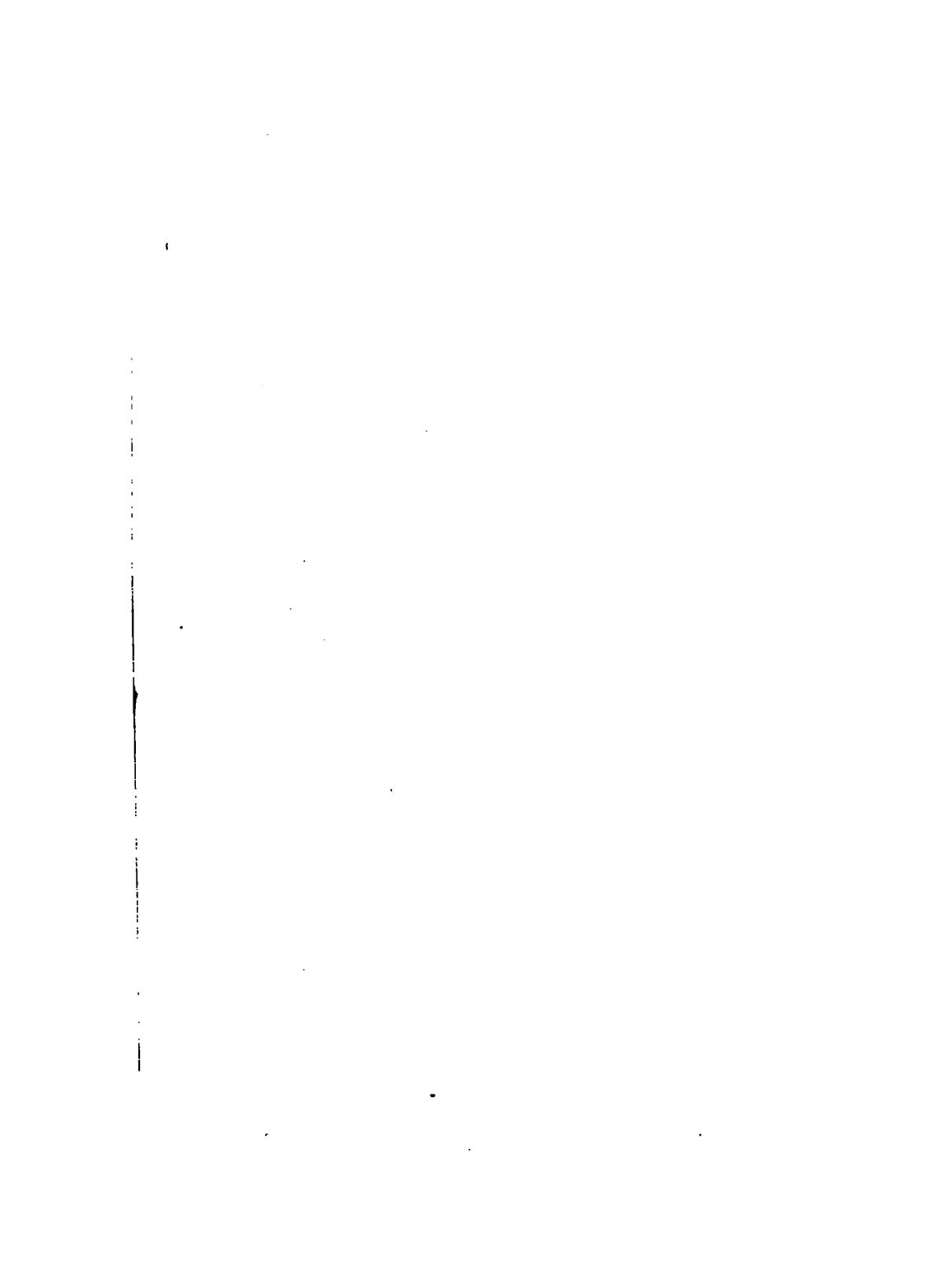
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HOW TO REDUCE NEW WAISTLINES FOR OLD



HOW TO REDUCE NEW WAISTLINES FOR OLD

BY
ANTOINETTE DONNELLY



ILLUSTRATED BY
MAUD MARTIN ELLIS

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267
225

IN THE PREPARATION OF THIS BOOK I
HAVE HAD THE ABLE COÖPERATION OF
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CHICAGO TRIBUNE.—ANTOINETTE DONNELLY.

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INTRODUCTION

From my many years' experience with the wants of womankind as revealed to me through thousands upon thousands of letters received annually in my capacity as beauty editor of the Chicago *Tribune*, I have just about decided that the national feminine cry is not Votes for Women—but Fatless Figures for Women.

Nor am I revealing any deep dark confidence when I tell that women are not the only sex interested. The men are crowding onto the Fatless platform in amazing numbers for a sex that is supposed to be devoid of vanity.

Time was when the double standard stretched to the excess-pound male and the woman suffered alone in her superfluous misery—but nowadays to be fat is to be fat regardless of whether it is a man or woman who is carrying the excess burden. This is the reason I present this book of simple and commonsensible rules for reduction. The obesity problem of the average individual, in spite of

Introduction

indignant denials, is a matter of too much food and too little exercise. Nor is it always eating too much food—but eating fatmaking foods almost exclusively and not doing enough muscular work to burn up what is consumed.

The menus presented herein have been tried out by hundreds and been found to do the work of reducing claimed for them. They are not just hearsay menus nor menus picked up at random. I have personal knowledge of case after case in which fat-burdened bodies have been trained down through them.

They are menus which require no additional expense to the household budget, nor do they need to upset the meal planning to any unreasonable degree.

They are simply presented. I have tried to keep away from Don'ts as much as possible—rather to show what can be done with Do's properly applied to the figure.

If my flights into Jingleville offend your sense of rhyme and rhythm, may I beg for leniency? My excuse for them is that oftentimes a foolish bit of verse will carry home a message better than a yard of preaching.

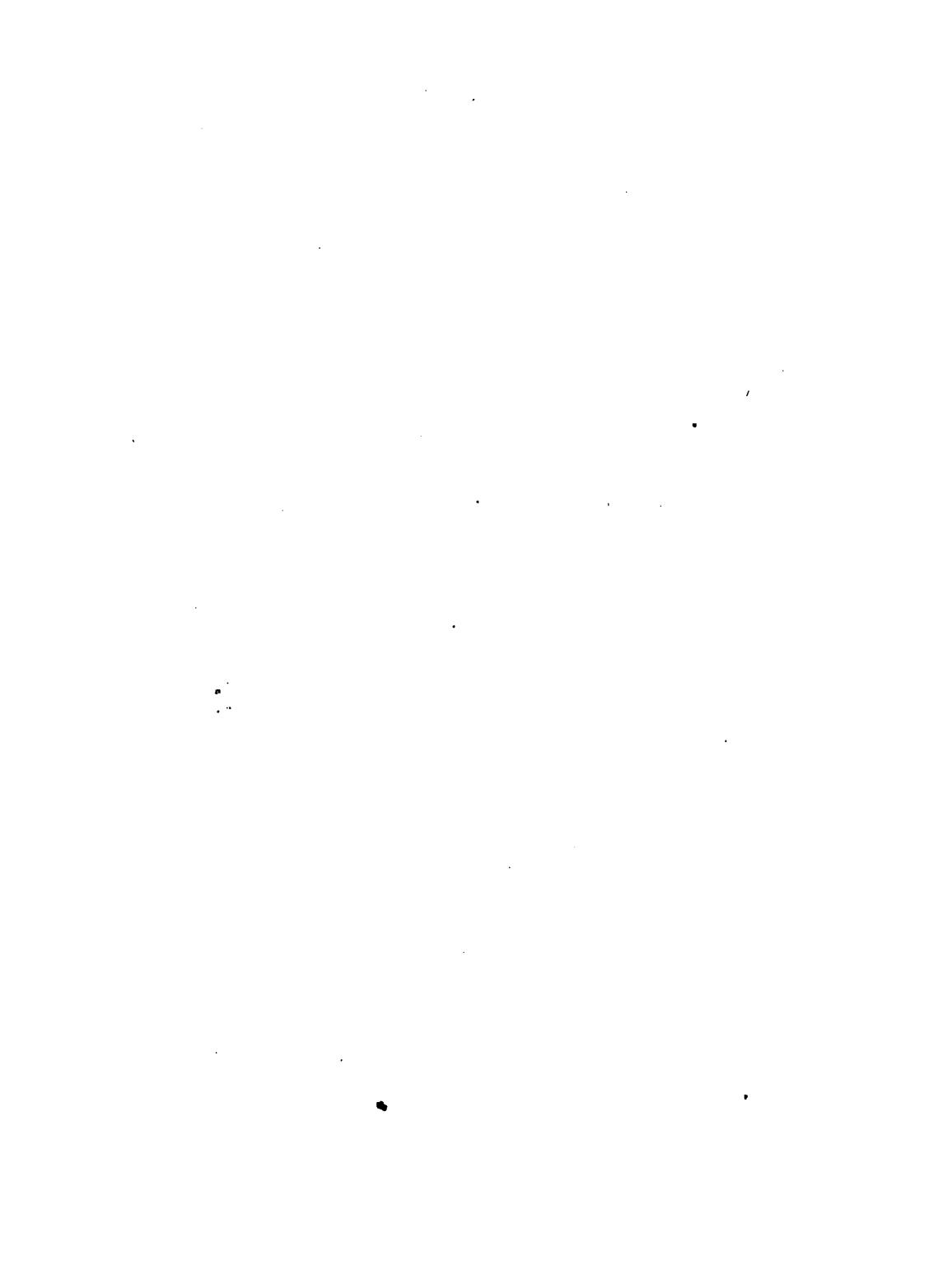
I want the little prayer "To Be Said before

Introduction

Meals" (page 47) to be adopted as the battle cry for freedom from avoirdupois. Dieting, after all, being the necessary state of mind, I recommend the prayerlet as a means of acquiring that necessary mental state.

CONTENTS

CHAPTER	PAGE
I. A LITTLE PHYSICAL GEOGRAPHY	1
II. SOME SLIMVILLE ARGUMENTS	6
III. HARD FACTS ON A SOFT SUBJECT	12
IV. THE DANGEROUS AGE	19
V. GET THE WEIGHING HABIT	24
VI. REDUCE WHILE YOU EAT	28
VII. WHAT IS AN AVERAGE HELPING?	41
VIII. REDUCED 36 POUNDS IN 6 WEEKS	54
IX. EXERCISE	64
X. RECIPES WITHOUT BUTTER, FLOUR, AND SUGAR	90



THE SOUL OF A WOMAN GONE FAT

I am the soul of a
Sylphlike 36
Imprisoned in a 44 cage,
Yearning for a form of the earth
Not earthy—
But slinky; svelte and slim,
Submerged 'neath a horrible number of pounds,
Handicapped, tied to a slow moving
Gourmandish, thickwaisted corpus
And maybe for life!
I am a soul in a fat padded cage
Crying for freedom
From the bondage of adipose.
Vainly I weep!
My ethereal instincts are not stifled
By my ponderous mate
Who gorges on fruits of the
Forbidden Land.
Who has let her muscles
Lie idle
Until the grace of the "hippo"
Supplants the original promise
Of Girlish Agility and Grace long continued.
But I must go on
Yearning for the look of the tall Easter Lily
And betimes resembling nothing so much as
The Lowly Cabbage Head,
For I am the soul of a 36
Imprisoned in a 44 Cage



HOW TO REDUCE NEW WAISTLINES FOR OLD

CHAPTER I

A LITTLE PHYSICAL GEOGRAPHY

It has been frequently said that the world is divided into two kinds of people—those who are trying to get thin and those who are trying to get fat.

May we not, for convenience sake, designate the abodes of these two peoples as Slimville and Fatland?

Just so we may more easily turn a cold tourist eye on the general outlines and better decide which is the happier community in which to take up permanent residence.

First, then, a little physical geography:
What and where is Slimville?
It is the land of Utopia and Perpetual Youth!

How to Reduce

Of Beautiful Women and Attractive Men!
It is the address of Health, Happiness & Co.!
It is the inspiration of Clothes' Designers, Modistes and Tailors!
The Headquarters of the Up & Doing Society!
The abode of Hipless Helen, Slender Susan and Symmetrical Anne!
It is the land of Vegetables rather than Pastries!
Of Fruits rather than Candy!
It is located directly opposite Fatland, at no point bordering upon it!
Slimville may be more easily located by a short description of the physical geography of its opposing neighbor.
Fatland is a state with mountains of adipose surrounding,
Hedged in by walls of impenetrable thickness.
Its style of architecture is ponderous and square cut
With prominent bay windows and great pro-

A Little Physical Geography

jecting eaves of sebaceous material, done in heavy design and *ad libitum*.

Its populace are a slow-moving people, whose motto is:

EASE AT ANY COST.

You may find them many hours of the day holding down great easy chairs or swaying lazily in strongly built hammocks, singing in inanimate voices:

“My Country, 'tis of thee,
Land of Sweets and Liberties.”

They are not necessarily a lazy people—but their constitutions seem to require much rest and their systems much food.

Which explains why they are residents of Fatland.

The architecture of Slimville presents, on the opposite hand, the outlines of a more or less spare severity, its points of prominence depending upon its height in proportion to its other dimensions. No obstructing walls nor

How to Reduce

abutments suggesting concealment, nor o'er-hanging eaves of adipose description!

How do people happen into this God-given country? Some folk are born into it and their heritage never forsakes them.

Others are lured from the country opposite by the natural advantages it offers, believing stoutly and correctly that man may have a say in shaping his destiny, fat-hewn though it may be.

Do folk ever forsake Slimville after once adopting it? Regrettable as it is to report, some do!

Some forfeit their birthright by trying to introduce the habits of Fatland.

Others forfeit their citizenship papers by disregarding the laws laid out by Slimville authorities.

In either case they are quickly declared enemies.

More might be said and writ of these opposing countries, but now that you recognize them, we will leave that to your imagination

A Little Physical Geography

and busy ourselves with how to get out of Fat-land and over into the Promised Land and stay there.

It is an open road—the road to Slimville—for any one who honestly wants to find it.

Two reservations are required—only two—the will to EAT LESS and the will to EXERCISE MORE.

Like every other road, however, it must be said in warning, it has pitfalls. It is lined with tempting shade trees beneath which alluring foodstuff's are spread.

These have marked the downfall of many a lonely traveler. The luggage required is a strong will, a stout heart, and a fairly stout stomach, which, illogical as it may sound, gets less stout as its stoutness remains.

All aboard for the Promised Land!

Chug! Chug! We're off!

CHAPTER II

SOME SLIMVILLE ARGUMENTS

Just a minute!

You may have to explain your proposed departure for the straight and narrow road,
Or, you may wish to argue a companion into traveling with you,

Or, you may need to argue with yourself a little further.

So, for a few good arguments as to why you want to be thin!

Make your arguments short and snappy because in brevity there's wisdom as well as wit. A short sentence is better than a long one if it contains all the facts.

Use the personal note to remove the curse of preachiness.

Everybody is tired of being preached to and at—

Some Slimville Arguments

Especially the obese!
You might say:
Nobody loves me!
No one defends me!
The medical men denounce me!
The beauty editors ditto!
The dressmaker protests against me!
The tailor, also!
The novelist never makes a hero or heroine out
of me!
Nor so much as recognizes in me material for
a good villain.
If a dramatist gives me a part at all it is to
introduce me as a foolish, benevolent old
thing.
The comedian introduces me for his big
laughs!
Fat may be comedy to some folk but it is stark
tragedy to me.
I live life but I don't get much out of it!
I build a wall of solid fat about me and shut
out life and light and fun!

How to Reduce

If I had a piece of furniture built on my own
lines I would give it to the junk man.

I laugh with the comedians to cover my embar-
rassment.

I laugh with them because it is easier to do that
than to turn the laugh on them by reduc-
ing.

And they say I am fat and jolly.

JOLLY I AM NOT!

Do you think it music to my ears to hear:

“You’re blocking the traffic!”

and

“Here comes the crowd!”

and

“Take these two seats, madam!”

And, descriptively referred to as:

Corpulent, fleshy, unwholesome and flabby,

Oleaginous, bulky, ample and huge,

Gross, unctuous, voluminous, massive,

Expansive, sebaceous, porky and “hippy,”

Elephantine, obese and **PLUMP** (with an em-
phasis).

Some Slimville Arguments

**Embonpoint is a beautiful word if the point
doesn't prick You!**

I am not jolly!

I am not smart!

I am not stylish!

I am not young as I used to be!

I am not so good to look at as I used to be!

**I am not so energetic, vivacious or progres-
sive as I was in the good old days when I
weighed less!**

**If I keep on gaining at my present rate of
ten pounds a year in ten years I shall have
100 excess, in twenty, 200—**

And I don't want a job in a circus!

**Why, when the slender figure is in the ascen-
dent should I wax rotund and globular,
steamy, stodgy and short-breathed?**

**I shall join the Cult of Slimness for the sheer
fun of taking reefs in my clothes!**

**To fool the Scotland Yard de-tec-a-tive who
seeks to find the missing necklace 'twixt
my chins!**

How to Reduce

To spite the haughty salesperson who
signs me to the Stout Ladies' section!

To revenge my 60-horsepower appetite, which
has made me what I am to-day!

Besides—

I want to look **NICE**

I want to look **YOUNG**

I want to look **WELL**

I want to be **HAPPY**

and

I want to be **LOVED**—

These are the reasons why I forsake the Adi-
pose Path for

THE ROAD TO SLIMVILLE.

Some Slimville Arguments

IN THE CRADLE OF THE DEEP

She didn't want to be **FAT**—
No—anything but **THAT**!
Yet, she never saw a **CHAIR**
But down she **SAT**.

She never **WALKED**
When she could **RIDE**;
Invariably you found **HER**
With **CANDY** at her **SIDE**.

She never **ATE**
But she ate enough for **Two**.
Indeed, she'd keep on **EATING**
When every one was **THROUGH**.

She never **Rose**
When she could **SLEEP**.
Soon her frame was **ROCKING**
In the cradle of the **DEEP**.

She didn't want to be **FAT**—
No—anything but **THAT**!
Yet, she never saw a **CHAIR**
But down she **SAT**!

CHAPTER III

HARD FACTS ON A SOFT SUBJECT

Now, knowing what you want and wanting it with sufficient wanting capacity, you may be in a receptive frame of mind for a few hard facts on the subject of fat and how to get out from under it.

I was going to say you would be in a frame of mind for a lesson.

But "there ain't going to be any lessons" in this book. Our days are so full of them, we're all well nigh fed up on them.

I might give you a lesson on Calories, for instance:

"If one slice of bread contains 100 calories, how many loaves a year should you abstain from to keep the Obese Wolf away from your door?"

Or,

"If there is 18 per cent fat in cream, how

Hard Facts on a Soft Subject

far down would the bottle of milk left at the door be subject to calorific investigation?"

Or,

"If potato is 18 per cent carbohydrate, what is the hydrate when baked without its skin?"

But I won't.

Because I honestly believe more well intentioned people have been scared out of reducing than into it by the words, "protein," "carbohydrates" and "calories." Not, mind you, that there isn't a fund of helpful information to be gleaned from them. But the mind bent on reducing is not after this information so much as how to remove the excess flesh with the least possible effort and in the least possible time.

In the menus I present you in this book you will find this work has been done for you sufficiently well to save you the time and the trouble.

So, back now to the aforementioned hard

How to Reduce

facts, which you will find rather simple by reason of their very obviousness.

Fat is due to overnutrition or underoxidation, or to a combination of both.

In a few exceptional cases it is a disease, usually an affliction of the thyroid glands. These cases call for specific treatment, so they will not be considered here.

In spite of indignant denials, the obesity problem of the average person is a matter of excessive food consumption and inactivity.

Or, to put it more plainly,

Eating more than is necessary and exercising less than is necessary.

Or, algebraically speaking,

Overeating plus laziness equals fat tummies, bay windows and double chins.

When the appetite is indulged beyond the body's needs, the surplus is stored up as fat, and generally in the tissues least disturbed by muscular action.

Witness hips, waist and abdomen, where the confines of dress prevent voluntary muscular

Hard Facts on a Soft Subject

action as the first and most heavily affected regions.

A sedentary life provides little tissue waste from muscular exercise and hinders the normal oxidation of food.

Habitual inactivity and mental and physical torpor involve little tissue waste and also prevent food oxidation.

Some clever person has characterized the stages of obesity as the enviable, the comical, and the pitiable, the first indicating a pleasing rotundity, the second a jovial embonpoint of the Falstaff type, and the third a sad, unwieldy and disgusting deformity.

All three require treatment.
The first to prevent its further rotundity.
The second and third to regain a normal waistline.

All three require diet and exercise, varying in rigidity according to the excess weight.

One of the most remarkable cases of reduction on record is that of George Cheymen, born in Scotland in 1671. At 80 his excesses

How to Reduce

in eating and drinking were responsible for his 32 stone (448 pounds). He dieted and exercised freely and so reduced his weight to almost one third (150 pounds). He recovered his strength and lived to 72. All sane methods of treating obesity rest on the double rule of diminishing food and increasing elimination.

If there is a sufficient reduction in the amount of food eaten and increase in the amount of exercise daily, nothing under heaven can prevent a loss in weight.

The average city-dweller fails to recognize the fact that since he has little exercise he requires little food.

If he does take a walk, play a game of golf, or swim a few strokes, he feels it incumbent to eat a third more than usual.

If the same sense of proportion were applied to the other affairs of devotees of the Overeating Cult, they would cram every available inch of their homes with furniture

Hard Facts on a Soft Subject

so there would be no room in which to move about. They would wear long fur coats on the Fourth of July and would insist on the landlord taking double or triple the rent he asks.

FATGRAMS

If you feel tempted to flop into a chair—get busy.

If you feel like taking a car or cab—walk.

If you don't feel like getting dressed up to go out—dress with infinite pains and go.

Instead of lying down after a meal—find something to do that will keep you in a perpendicular position.

Don't let "George do it" if your doing it will involve a muscular turn.

Habits of ease and indolence have the most bulging consequences.

As the amount of fat increases, the desire for exercise decreases.

No method of reducing is so permanent as

How to Reduce

to enable one to lead a lazy, indulgent life forever after.

From jellyfish to man, activity signifies life.

Fat is not a family heritage like a turned up nose or red hair.

Many a person has seen the tragedy of fat written in a sweetheart's eyes.

If man served his Vanity as diligently as he serves his ease and comfort, he would not be heavily burdened in his old age.

Vanity is an excellent reducing motive. Has it not served as one of the most powerful levers in the great accomplishments of the world?

Life for some folk is one continual struggle against corpulence.

The obesity goblin has its eyes on the round faced and dimpled from birth.

Man has as much right to say what his weight shall be as what ticket he'll vote or what church he'll attend.

CHAPTER IV

THE DANGEROUS AGE

Thirty is the dangerous age.

It is the turning point in many a slender career.

It is the period of full maturity.

It is the age when waists generally begin to spread and thicken.

It is the age to decide that waists shall neither spread nor thicken.

It is the age to decide your figure shall have no more birthdays.

It is the age to decide you shall not willingly lose elasticity of body or the lightness of spirit which characterizes youth.

It is the age to decide whether you are going to be fat and forty or slim and sixty.

It is the age to decide whether age shall be deliberately adopted or youth deliberately retained.

It is the age to decide whether the mind

How to Reduce

shall go fat or stay lean and progressive, for mental activity diminishes with physical deterioration.

It is the age to decide whether you are good for thirty years or for thirty years more.

Longevity records are records of mental and physical activity.

At thirty you may decide whether five or ten years later your figure will have a conformation in accord with proper ideals of health and symmetry or with the figure of the comical Falstaff.

Whether at thirty-five heavier outlines will envelop you; whether your step will lose its lithesomeness; and whether or no Mr. Adipose, who lies in wait, shall fold you in a generous embrace.

It is the age when the wise young man provides against a possible obstructed view of his feet, and a complementary slowing up of his mental processes, and the useless waste of years of accumulating and of ridding himself of superfluous flesh. It is the age when the

The Dangerous Age

TABLE OF HEIGHTS AND WEIGHTS BASED UPON THE REPORT OF THE MEDICO-ACTUARIAL INVESTIGATION, 1912, COVERING AN ANALYSIS OF 221,819 MEN AND 136,504 WOMEN

TABLE OF AVERAGE HEIGHTS AND WEIGHTS—WOMEN											
4 ft. 4 in.		4 ft. 4 in.		4 ft. 5 in.		5 ft.		5 ft. 5 in.		5 ft. 6 in.	
Age	8 in.	9 in.	10 in.	11 in.	12 in.	13 in.	14 in.	15 in.	16 in.	17 in.	18 in.
15	101	106	106	107	109	112	115	118	122	126	130
20	106	108	110	112	114	116	119	122	125	128	132
25	109	111	113	115	117	119	121	124	128	131	135
30	112	114	116	118	120	122	124	127	131	134	138
35	115	117	119	121	123	125	127	130	134	138	142
40	119	121	123	125	127	129	132	135	138	142	146
45	122	124	126	128	130	132	135	138	141	145	149
50	125	127	129	131	133	135	138	141	144	148	152
55	125	127	129	131	133	135	138	141	144	148	153

TABLE OF HEIGHTS AND WEIGHTS BASED UPON THE REPORT OF THE MEDICO-ACTUARIAL INVESTIGATION, 1912, COVERING AN ANALYSIS OF 221,819 MEN AND 136,504 WOMEN

TABLE OF AVERAGE HEIGHTS AND WEIGHTS—MEN											
5 ft. 5 in.		5 ft. 6 in.		6 ft.		6 ft. 5 in.		6 ft. 6 in.		6 ft. 6 ft.	
Age.	0 in.	1 in.	2 in.	3 in.	4 in.	5 in.	6 in.	7 in.	8 in.	9 in.	10 in.
15	107	109	112	115	118	122	126	130	134	138	142
20	117	119	122	125	128	132	136	140	144	148	152
25	122	124	126	129	133	137	141	145	149	153	157
30	126	128	130	133	136	140	144	148	152	156	161
35	128	130	132	135	138	142	146	150	155	160	165
40	131	133	135	138	141	145	149	153	158	163	168
45	133	135	137	140	143	147	151	155	160	165	170
50	134	136	138	141	144	148	152	156	161	166	171
55	135	137	139	142	145	149	153	158	163	168	173

How to Reduce

woman in business and the professional woman must decide whether she is willing to be superseded by a younger person, or remain as mentally and physically active as that younger woman.

It is the age for the woman at home to make a critical appraisal of herself—for the very nature of her life makes the home woman more susceptible to the wiles of Mr. Adipose—and to decide whether she shall get fat on her job in mind and body, or keep up with her progressive mate for years and years to come.

For all, it is the age to decide whether comfort at any cost shall be put above appearance, or comfort plus appearance shall be maintained by retaining a normal weight.

For after all is said and writ—

Man is as old as his figure!

And woman more so!

Since fat contributes in large percentage to the old age bugaboo, how then shall we prevent this wholesale sacrifice to age and rotundity?

The Dangerous Age

By WATCHING THE DIET AND BY SUFFICIENT DAILY EXERCISE TO KEEP THE WEIGHT AT APPROXIMATELY THE AVERAGE WEIGHT FOR THIRTY, THE AGE OF FULL MATURITY.

CHAPTER V

GET THE WEIGHING HABIT

Every person has a normal weight.

Know yours and stick to it.

Your figure in good corsets and smartly made clothes may lie,

But the figures on the scales won't!

Nor will the first for long!

If you have to let your belt out a notch or two,

Consult old Doctor Scales.

Be not offended by what he tells you,

But be warned!

If it is a "job" for you to lace your shoes,

Or, if it requires the combined effort of your own two arms and the arms of the chair to lift you out,

Or, if it requires a derrick to get you out of an over-stuffed sofa,

Get the Weighing Habit

Or, if you would rather let a pin lie than pick it up,

Or, if you would rather wear your old corset and your old shoes than the new ones,

Or, if comfort means more to you than appearance,

CONSULT YOUR SCALES.

Or, if you feel heavy on your feet,

Or, have to wear great broad-soled shoes to support you,

Or, if the spring has gone out of your step,

Or, you see the first faint signs of a double chin in the making,

Or, BEFORE ANY OF THESE CALAMITIES OVERTAKE YOU,

Get on to your scales!

You can't fool anybody any of the time by avoiding them in the hope of convincing yourself you are not gaining!

There's fun to be gotten out of scales.

There's no joy akin to weighing and discovering a pound or two gone.

A person who diets does not have to wait

How to Reduce

long to experience the real joy of it. A week's dieting will show some loss—and a month of honest effort will register an almost triumphant gain toward the desired end.

Weigh at the same hour of the day when you weigh daily.

Weigh often with your normal weight fastened firmly in your mind.

But let be fastened more firmly the resolution to

STICK TO YOUR NORMAL WEIGHT.

THE MENU

Daily grew she fat and fatter,
Couldn't guess what was the matter—
Yet this is what she ate:

BREAKFAST

Three slices of toast Six slices of bacon
Four eggs at the most Fruit, also, was taken

Cream on her cereal
And a magnanimous burial
Of sugar and butter
Provided fat clutter

Get the Weighing Habit

LUNCHEON

Breaded cutlets and Six biscuits with honey
soup

With crackers to boot Cheese and macaroni

A rich salad and tea
And some French past-er-ee

DINNER

A bowl of creamed soup Three helpings of meat
(Some fish to recoup) And a sweet pickled beet

A dish of tomatoes
And two of potatoes

Three slices of bread (With mayonnaise
Of lettuce one head dressing it amply ca-
ressing)

A rich custard pie Some nuts and some
candy

With cream piled up And dates—were they
high handy

And to make it complete
A small cheese did she eat

CHAPTER VI

REDUCE WHILE YOU EAT

Now, we get right down to diet and its close relation to adipose—and it may be said in emphasis of previous remarks, adipose has no closer relative. No poor relation ever was more dependent upon a rich one than weight upon the diet.

Diet is the dictator, commander, ruler of weight. You, the power behind the throne, however. Yours, the power to curb the dictator and to direct him into different channels if his present course is spelling ruin to your figure.

A neat classification of those who should wield that power to the utmost are the "plump," the fat, and the obese. To decline the classification further, the "plump" person weighs about five pounds more than normal; the "fat," thirteen to nineteen pounds; and the

Reduce While You Eat

“obese,” twenty to forty or over normal weight.

Few people object to being called “plump,” but call them “fat” at the risk of breaking off all pleasant relations in the future. Look a man or woman in the eye and call him or her “obese” and you would better run for your life.

Now, the plump, or five-pound-extras, need not worry wrinkles between the eyes over it, but must watch the weight closely to see that there is no gradual gain, and, if necessary, diet occasionally to make sure of it, and by way of discipline.

They may leave the worrying to the fat and obese, for a little of it won’t do them any harm, since worriers are proverbially thin.

Almost every person overburdened with avoirdupois would like to lose weight. He is fond of saying so and of asking for advice and suggestions on how to reduce. But when told that dieting is necessary, many get “cold feet”

How to Reduce

and make excuses, and go waddling along under their burden.

However, to the person who takes the advice and tries dieting for a month, the results are so satisfying that no more argument is necessary. He may fall by the wayside occasionally and stay at a certain weight, or even take on a few pounds, but every little while will go back to dieting.

The average fleshy person is fond of "eats," and the thought of denial of certain foods and lesser quantities of others is appalling. He pictures himself growing pale and emaciated, starving to death, and possibly laid out on lavender satin with six staunch friends waiting to grasp the silver handles of the coffin by which "to carry him off'n"; or suffering untold agonies at the sight of the forbidden foods. None of which would happen at all. To his great surprise, after starting on a diet he soon finds that the desire for bread and potatoes and pastry and sweets grows less as the days go on; that when he eats less food he

Reduce While You Eat

gives food less thought; that he really feels fine—better than he has felt for years.

The heavy, uncomfortable, logy feeling after meals is missing. And he needs little urging to keep up dieting or to practice self-denial to keep his weight down to a certain number of pounds.

It is generally admitted that most people eat too much. Not because they are gluttonous, but simply because they have trained their appetites to overconsumption rather than to their actual needs.

Nor is it always eating too much, but eating fat-making foods almost exclusively and not doing enough muscular work to burn up what is eaten.

Man has acquired the habit of eating a certain amount of food regardless of his need or even of his appetite. Many are satisfied before dessert and could get along perfectly well without it, but here habit prevails and dessert is eaten (generally a fat-making concoction) with every dinner and oftentimes with luncheon.

How to Reduce

Many have the habit of throwing themselves down on a couch or into a comfortable chair after a heavy meal and lounging about for an hour or so. Which is exactly what folk "adiposely" inclined should not do. The rule attributed to Queen Mary of England of standing for a half hour after a meal is an aid in keeping down weight.

The two articles of food which people find hardest to deny themselves are potatoes and white bread. While some can give up potatoes fairly easily, the bread is the Waterloo, seemingly. Bread is more responsible for obesity than any other article of diet because we do not limit the amount eaten. We generally do limit servings of vegetables and meat, but not bread. For those who must eat one or more meals a day in restaurants and try to keep within a certain limit of expense, it is a job to select food that is not starchy and yet is satisfying. Starchy food is cheaper and more filling, as a general rule. If one has a tendency to fat, such foodstuff's will cause a

Reduce While You Eat

gradual gain, barely noticeable at first—a word of warning to those who have the habit of filling up on bread or rolls while waiting to be served!

The business man or woman who eats luncheon in a restaurant and at the same time keeps an eye on the scales to prevent him or her from registering extra pounds by selecting instead of cream soups, vegetable soup, consommé or bouillon, with two or three crackers or a salad or cottage cheese with crackers, and a glass of lemonade, buttermilk, skim milk, or tea with lemon, can still have a satisfactory meal.

The list of foods given you in this book is long enough to do away with any false impression that one must starve to reduce. On the contrary, there is much that is satisfying and tempting, as you will note in the menus presented, and in the recipes you will find most palatable and wholesome dishes, containing no sugar, butter, or flour.

Green vegetables have a low food value, but

How to Reduce

those containing a large amount of cellulose or bulk, such as celery, cabbage, asparagus, cauliflower, spinach, onions, etc., fill the stomach and satisfy. A diet composed largely of fruits and vegetables has the additional compensation of correcting a tendency to constipation.

The use of condiments, while not forbidden, is warned against as they tend to create or stimulate the appetite, which a person reducing wants to avoid.

The two meal a day plan is good, provided one does not overeat at these meals, and, as this is frequently done, we have given but one dietary of that sort.

A short time ago I was lunching with a fat friend who refused an order of salad.

"I am cutting out salad dressings," she explained, with the light of martyred virtue in her eyes. "They are too fattening," she added, helping herself to a third piece of bread.

A liberal helping of sweet, starchy dessert followed. Every little while this friend goes

Reduce While You Eat

on one of these dieting "orgies," with the result that, if anything, she is fatter.

The female of the species is no more inconsistent than the male, it would seem, for a man I know decided he was going to get thin quick, so he gave up coffee because he always took three spoonfuls of sugar, and substituted for it a glass of half-and-half cream and milk.

Another person who has spasmodic attacks of reducing, and who never gains anything by them but more weight, will stoutly and virtuously refuse bread and potatoes at her dinner, and then before going to bed will eat a couple of large wedges of cake with marmalade or jam and a glass of milk, thereby undoing all the good of her earlier privation.

Many women get in an extra meal a day. Take the day of a bridge player, for example, which is duplicated by hundreds and hundreds of women:

Breakfast with her family, luncheon, four o'clock tea, and dinner at night with her family. And sometimes in addition a lunch

How to Reduce

later in the evening. Several times a week both luncheon and tea are included with the bridge, the meals being peculiarly noted for their creamed foodstuffs, pastry, ice cream and cake and salad with either a rich oil or mayonnaise dressing.

The dietaries given contain foods with sufficient fuel value to keep one from becoming anaemic or run down. Most fat people eat food with such an excess of fuel value over what is needed that, as a writer on food so aptly puts it, "It is as if a man in a land of plenty carried constantly many pounds of provisions which he would never use."

This explains comprehensively why fat people are so generally tired. Their food load is so heavy. I give you a selection of reducing diets to choose from. Every one of them is a bona fide, tried-and-found-true means of reducing weight. They are not diets picked up on hearsay or guessed at, but diets that have actually done the work credited to them. They have been used by real flesh-and-blood persons

Reduce While You Eat

with less flesh and healthier, cleaner blood to testify in their behalf.

Read over the diets carefully. Choose from among them as suits your need or fancy with this question in mind: "Which one of these will I carry out most conscientiously?" And then go ahead with it, giving it an honest trial. You may wish to reduce slowly. You may wish to reduce fairly quickly or you may wish to reduce a large amount in a short time. You will find the menu here to suit and please you. Just a word of warning to the housewife who does her own cooking and her own "tasting." Remember the tasting of food in preparation must be taken into consideration in the day's allowance.

Cooks are seldom thin—and there's a reason! Another little thing to remember is that thorough mastication is one sure way to prevent overeating. The appetite is satisfied on much less food and the processes of digestion and assimilation are rendered much easier. A notion quite prevalent is that drinking water

How to Reduce

increases weight. Drinking water is of great value in obesity treatment as it dissolves and carries out of the body the large amount of broken-down material resulting from diet and exercise. It has a marked effect in regulating the proper functioning of the kidneys and digestive apparatus. It breaks up the food and helps absorption. When dieting it is important to have proper elimination which is accomplished by proper food to keep the bowels regulated, by sufficient water to help the kidneys dispose of waste, and by bathing.

Von Noorden, recognized by the medical profession as one of the greatest authorities on dieting, is of the opinion that rapid cures of obesity can be kept free from danger if the food bulk is kept up and the blood pressure adjusted by drinking water; that water should be taken to fight the disturbance in circulation; that for the "faint and gone" feeling sometimes experienced by persons reducing a drink of water should be taken to increase the volume of blood.

Reduce While You Eat

The main reason drinking water at meals has acquired its bad reputation is that it is used to wash down foods in chunks before it has been properly masticated. Six to eight glasses a day, taken between meals, and upon arising, and before retiring, is none too much to drink.

Consistency and Persistency are the twins you must let do the work of reducing for you. Decide about a diet and stick to it. Going without one forbidden fruit and eating an excess of another will produce no other result than to leave you where you started out.

APPETIZERS

You do not have to starve to get weight down to health and beauty standard.

Overeating is more often ignorance than gluttony.

Eating hearty meals when you don't really want them is a short cut to obesity.

Skipping a meal has no danger other than a possible pound reduction.

How to Reduce

An ounce of food a day more than the system requires will add 20 pounds in a year.

Desserts are more a habit than a necessity.

The human stomach, like any other piece of machinery, is none the worse for a rest once in a while.

If you love to eat, watch out. The obesity goblin has his eyes on you.

You have friends and enemies at the table.

Find them out, then proceed to apply the dietetic version: "Love not your enemies."

If you reduce every helping at every meal your waistline will give you a pleasant surprise.

Try small helpings and see if you need more. You may not.

When hogs are to be fattened for market they are penned to prevent exercising and fed continually.

When fowl are to be fattened they are cooped up and fed to a bursting point.

Every pound lost by deliberate privation is a point gained in morale.

CHAPTER VII

WHAT IS AN AVERAGE HELPING?

Many people have a poor idea of what constitutes a portion or medium serving or helping of food. Every time the dish is passed they accept another serving without realizing that this habit is responsible for the "full" feeling at meals, and that these extra servings give them more food value than they need. Perhaps they will heap their plates with vegetables or meat and feel they are "within the law" because the particular article of food is on the list of foods that may be eaten, whereas a moderate helping or medium portion is but one-half the amount consumed. It is true that people will sit down to table and eat the portion set before them, registering no more hunger on a lesser portion than on a big helping. Why carry around the excess load?

In the following list you will find foods

How to Reduce

without fat-making properties, foods easily obtainable and foods that need not upset the cuisine routine of an average household, and foods, it may be added, that will make no strain upon the household budget.

Study the list. All foods not appearing on it are taboo during your reducing period.

In all the menus given, the portions, unless specified, are the medium helpings or servings given in the food table.

Where vegetables, fruits, meat and fish are mentioned without giving the particular kinds, the "reducer" should consult the food list given.

THE FOLLOWING LIST IS COMPOSED OF FOODS WITHOUT ANY FAT-MAKING PROPERTIES:

SOUPS	HELPING OR MEDIUM PORTION
Clam broth	1 cupful
Beef "	1 "
Vegetable soup	3/4 "
Bouillon	1 "
Chicken soup	3/4 "

What Is An Average Helping?

SOUPS	HELPING OR MEDIUM PORTION
Consommé	1 cupful
Julienne	$\frac{3}{4}$ "
Tomato	$\frac{3}{4}$ "
FISH	
Lobster (canned)	$\frac{3}{4}$ "
Shrimp	$\frac{1}{2}$ "
Cod (fresh boiled)	1 thick slice 3" x 3"
Halibut (boiled or broil- ed)	1 " " "
Trout (broiled)	1 " " "
Clams	6
MEAT	
Beef (boiled, broiled, or roast)	1 thin slice 4 $\frac{1}{2}$ " x 4"
Lamb (roast)	1 thin slice 3 $\frac{1}{2}$ " x 3 $\frac{1}{2}$ "
Hamburg steak (broiled)	1 medium size cake
Dried beef	4 thin slices
POULTRY	
Chicken (broiled or roast)	1 medium serving
Turkey (broiled or roast)	1 " "
VEGETABLES	
Asparagus	8 tips

How to Reduce

VEGETABLES	HELPING OR MEDIUM PORTION
String beans	$\frac{1}{3}$ cupful
Cabbage	" "
Carrots	" "
Cauliflower	" "
Okra	" "
Sauerkraut	" "
Wax beans	" "
Stewed celery	" "
Cooked beets	" "
Mashed turnips	" "
" parsnips	" "
Rutabagas	" "
Stewed tomatoes	" "
Raw celery	2 large stalks
Cucumbers	6 slices
Brussels Sprouts	2 heaping tablespoonfuls
Beet greens	6 " "
Dandelion greens	6 " "
Spinach	6 " "
Lettuce	Ad libitum
Watercress	" "
Endive	" "
Mushrooms	6 large
Onions (raw green)	4
Onions (cooked)	$\frac{1}{3}$ cupful
Squash	" "

What Is An Average Helping?

VEGETABLES	HELPING OR MEDIUM PORTION
Vegetable marrow	$\frac{1}{3}$ cupful
Turnip	$\frac{1}{2}$ "
Radishes	$\frac{1}{4}$ medium
Rhubarb	1 heaping tablespoonful
Tomato (raw)	1 medium
Ripe olives	7
 Eggs	
Boiled, coddled, or poached	1 or 2
 BREAD	
Gluten bread	1 slice
Gluten biscuit	2
Water cracker	2
Rye bread	1 thin slice
 CHEESE	
Brie	1 thin slice
Cottage	$2\frac{1}{2}$ heaping tablespoon- fuls
 FRUITS	
Fresh:	
Apple	1 medium
Pear	1 "
Orange	1 "

How to Reduce

FRUITS	HELPING OR MEDIUM PORTION
Peach	1 medium
Pineapple	1 medium slice
Watermelon	1 " "
Muskmelon	$\frac{1}{2}$
Grapefruit	$\frac{1}{2}$
Raspberries	$\frac{1}{2}$ cupful
Strawberries	" "
Blueberries	" "
Dried:	
Apricots	6
Prunes	4

BEVERAGES

Buttermilk	1 glass
Skim milk	1 "
Lemonade	1 "
Orange juice	$\frac{1}{2}$ "
Tea with lemon	1 cup
Black coffee	1 "

What Is An Average Helping?

TO BE SAID BEFORE MEALS

Now I sit me down to eat,
I pray I shall temptation beat—
For if I yield before I'm through
I'll surely gain a pound or two.

How to Reduce

DIET "A"

(Reduced 9 Pounds in 10 days)

BREAKFAST:

Fruit without sugar.

One gluten biscuit.

Or

One small slice toasted rye bread (no butter).

One cup black coffee without sugar.

LUNCHEON:

Thin soup with three thin crackers (no creamed soups).

Or

Medium portion cottage cheese with three thin crackers.

Or

Salad without mayonnaise dressing and little or no oil.

DINNER:

Thin soup.

Lean meat—moderate portion.

Vegetable—except peas, beans, and potatoes.

Salad with vinegar dressing (except potato salad).

Fruit dessert (without sugar or cream).

Tea and coffee without sugar or cream, skimmed milk or buttermilk or lemonade may be taken with any of these meals, or tea with lemon.

Vegetables selected from list given.

Diets

Thin soup includes vegetable soup, bouillon, consommé.

This diet is a good one for the business person who must eat downtown at noon because the foods suggested for luncheon are easily obtainable at a moderate cost.

DIET "B"

(Reduced 8 Pounds in 5 Weeks)

BREAKFAST:

Orange.

One slice toasted rye bread with thin layer butter.

Coffee without sugar or cream.

LUNCHEON:

Regular luncheon, with rye bread crust (one slice). The "regular luncheon" may be a meat order, an egg dish, or fish order and a salad.

No dessert.

It was this person's habit to eat French pastry or cake or pie with cream at noon. If something was demanded, apple sauce or stewed prunes were ordered.

DINNER:

Regular family meal, minus potatoes, dessert and bread.

Black unsweetened coffee.

Note—The secret of the success of the above diet lies in reduction of quantity of food taken and total abstinence from sweets.

How to Reduce

DIET "C"

(Reduced 25 Pounds in 3 Months)

BREAKFAST:

Grapefruit without sugar.
Toasted gluten bread.
Two eggs (coddled, poached, or soft-boiled).
Black coffee, unsweetened.

LUNCHEON:

Salad with vinegar, salt and pepper.
Baked apple without cream or sugar.
Toasted gluten bread.

DINNER:

Lean meat.
Vegetables without butter.
Fruit without sugar.
Toasted gluten bread.
Black coffee, unsweetened.

Note—All the water desired between meals; all the gluten bread desired at meals.

This diet is to be rigidly adhered to for six days a week. The seventh day, any food wanted is allowed, which makes this an appealing diet to the type of reducer who craves forbidden foods. It must be remembered, however, that this does not mean gorging on the seventh day.

The above diet has been used by a prominent woman physician in reducing over one hundred patients, who averaged a reduction of from one to two pounds a week.

Diets

DIET "D"

(Reduced 12 Pounds in 6 Weeks)

Meat	1 medium serving
Egg	1
Cereal	medium serving
Bread	3 thin slices (stale or toasted)
Butter	2 helpings (1" square)
Vegetables	medium servings
Fruit	
Coffee or tea	

NOTE—This diet can be divided into either two or three meals a day according to convenience. The amounts of food given are sufficient to give proper food value necessary for twenty-four hours.

TWO MEALS

BREAKFAST:

Cereal.
Egg.
Fruit.
1 slice bread.
Coffee (black without sugar).

DINNER:

Meat.
Vegetables (except po- tatoes, beans or peas).
2 slices bread.
Fruit.
Coffee or tea.

How to Reduce

THREE MEALS

BREAKFAST:

Fruit.
Cereal.
1 slice toast.
Coffee.

LUNCHEON:

Egg.
Plain salad or vegetable.
1 slice bread.

DINNER:

Meat.
Vegetables (2).
Fruit.
1 slice bread.
Tea.

Fruit should be eaten without sugar, cereal with milk and very little or no sugar.

DIET "E"

(Reduced 20 Pounds in 12 Weeks)

BREAKFAST:

Grapefruit.
One egg.
Two to three ounces lean meat or fish.
One slice dry toast (rye or gluten).
Black coffee without sugar.

DINNER:

Meat soup (fat carefully skimmed off).
Lean roast beef, 4 to 5 ounces.

Diets

Stewed tomatoes, 1 helping.

Spinach, 1 helping.

Unsweetened fruit or half glass orange juice.

SUPPER:

Two to three ounces cottage cheese.

Unsweetened fruit.

One slice dry toast (rye or gluten).

Tea with lemon.

NOTE—In this diet the big meal is taken at noon to avoid the after-dinner rest. It is not a strenuous diet and is a very good one on which to begin reducing.

DIET "F"

(Reduced 16 Pounds in 6 Weeks)

This, perhaps, is the simplest diet of all because it affects only one meal a day and the reducing meal (so-called) may be taken at breakfast, luncheon or dinner time. Or it may be taken one day at breakfast, another day at luncheon or another at dinner. The other two meals eaten should be average meals.

Raw carrots and raw celery enough to satisfy, and a half glass of orange juice.

For the home woman who does not need to prepare a luncheon except for herself, what could be easier than to have that meal consist of the above diet? The celery and carrots can be shredded, or chopped and mixed, or eaten separately.

CHAPTER VIII

REDUCED 36 POUNDS IN 6 WEEKS

Just to prove what can be done by a person who makes up his or her mind to reduce, three years ago I took in hand a woman whom I called Mrs. Eva Lane, which was not her real name, by the way, although she was a real flesh-and-blood person, there being $204\frac{1}{2}$ pounds of her to prove it. In six weeks' time she was reduced to $168\frac{1}{2}$ pounds. In other words, she lost 36 pounds in six weeks. Her waist measure came down from $37\frac{1}{4}$ inches to 30 inches; her hips from 49 inches to 41 inches, and her bust measure from 43 inches to a 38-inch size. And from chin to ankles there was a consistent loss of girth.

The story of Mrs. Eva Lane's reduction was printed in the Chicago Sunday *Tribune*. Thousands of women read it and thousands followed the diet and exercise course pre-

Reduced 36 Pounds in 6 Weeks

scribed for her, and I have hundreds of letters from readers who repeated the success of Mrs. Lane's experience.

Just as a sample of the sort of letter I have received I will let you read one. I could let you read many, but this one is typical:

"In August I began a six weeks' reducing diet procured from the Beauty department of the *Tribune*. At the end of August I had lost twenty pounds. I did not return to my former diet, but have continued ever since to eat light meals the greater part of the time. I do include starches and sugars in my diet now, however. I am 25, 5 feet 2 inches in height. When I began the diet I weighed 155 pounds. I now weigh 117 pounds. I have never felt better physically and I am sure my personal appearance is better. Whenever I see people who are trying to get thin by using some "remedy" I wish they might realize how easy it is to lose flesh when you apply yourself to a sane diet."

A prominent woman physician in Chicago

How to Reduce

had copies of the Eva Lane course struck off, and gave them to her patients in need of reducing, and she says that more than a hundred of her patients have profited by the instructions. She had the copies renewed again recently.

When I first laid eyes on Mrs. Lane she was what you might easily suspect a woman some half a hundred pounds overweight at thirty-three to be, the target of the puns of her family and acquaintances, and certainly not a type of beauty popular outside of a Turkish harem, where beauty, it is said, is measured by the excess pound.

But with the loss of her thirty-six "extras" the change in her appearance was remarkable. She had ever so many good points, but they were so deeply buried under avoirdupois one hardly suspected their presence. Her weight loss brought them out in the open, and she was a perfectly fine-looking woman.

'And was she happy?

'Just as happy as any other woman would

Reduced 36 Pounds in 6 Weeks

be who had lost her looks and found them again! Which is just about as happy as mortal can be! And, naturally, there was the health gain to add to the celebration.

Well, about a year later I looked her up to see if she had stuck to her resolutions—which she had sworn to keep by all the gods of health, beauty, and happiness. I found to my disappointment, but not to my great surprise, knowing well the weakness of the flesh, she had gained fourteen pounds, which, as you will see, was not very much—not much more than a pound a month. The comparatively small gain proved at least that her work of reducing had left her pretty well hardened against the return of flesh, for she confessed rather shamefully that she had gone back to her old way of eating everything she shouldn't and doing nothing she should.

With her fourteen pounds extra she was not looking as well nor feeling as she did when she finished her course with me. And she knew it.

So, being made of the right kind of stuff

How to Reduce

after all, she started watching her diet again and doing a certain amount of home exercise every day, and, by accident, I ran across her a short while ago and to my delight and her own I found her back to the weight at which she looked best.

And, do you know, that in addition to her family and household duties she has time and energy enough to add to the exchequer by some outside work.

Following is the diet used:

FIRST WEEK

ON RISING—One glass of lemonade without sugar.

BREAKFAST, 8 A. M.—One lean slice of bacon or one inch square of cheese, one dry roll, and either one orange, apple, or peach; add coffee without sugar or cream.

NOON, 12 M.—Fresh fruit—one orange, peach, apple or pear.

DINNER, 3 P. M.—One green vegetable (all she wanted of it) prepared without butter, oil, cream or milk. Those allowed being spinach, onions, string beans, lettuce, celery, cresses, white cabbage, asparagus, cauliflower, tomatoes and radishes. One

Reduced 36 Pounds in 6 Weeks

glass of either buttermilk, lemonade without sugar, or plain water, sipped slowly.

SUPPER, 7 P. M.—Three ounces lean beef, mutton, lamb, or one soft-boiled egg; one slice bread (bran or graham) or dry toast or stale bread; but no butter; radishes; sour pickles.

SECOND WEEK

ON RISING.—One glass of lemonade without sugar.

BREAKFAST, 8 A. M.—One and one-half ounces lean ham or bacon or dried beef; one dry roll or one piece dry toast; cup of coffee or tea without cream or sugar.

10 A. M.—One glass of water and lemon without sugar.

Noon, 12 M.—One orange.

LUNCHEON, 3 P. M.—Four ounces clear broth, with no fat; abundant portion cooked cabbage or tomatoes or asparagus or celery, prepared without butter, oil or cream; one glass of lemonade without sugar.

DINNER, 7 P. M.—Three ounces lean beef, mutton or lamb; one slice bran bread; celery or radishes; coffee without cream or sugar.

You may combine the **12 M.** and **3 P. M.** allowance if you wish.

How to Reduce

THIRD WEEK

ON RISING.—One glass lemonade (no sugar).

BREAKFAST, 8 A. M.—One and one-half ounces dried beef or lean bacon, or thirteen double peanuts, or eight large almonds (for the vegetarian), one toasted slice bran bread, apple, coffee or tea without cream or sugar.

12 M.—Glass lemonade or cup of coffee (no cream or sugar).

LUNCHEON, 3 P. M.—Four ounces clear broth (no fat), celery (all you want).

DINNER, 7 P. M.—Three ounces beef, mutton, fish, or chicken, or four cubic inches cottage cheese, lettuce, or spinach (all you want), sour pickles, coffee or tea without cream or sugar.

(You may combine the 12 M. and 3 P. M. food allowances and eat at your regular lunch hour.)

FOURTH WEEK

BREAKFAST, 7:30 A. M.—One-half grapefruit, without sugar; soft-boiled egg; no butter; small dry roll or piece of toast; coffee, without cream or sugar.

10 A. M.—Glass of lemonade, without sugar.

DINNER, 1 P. M.—Small bowl clear broth, and all

Reduced 36 Pounds in 6 Weeks

she wanted of lettuce, cucumbers or celery prepared without oil or cream dressing.

SUPPER, 7 P. M.—Three ounces of steak, or chicken, or roast beef, or fish; big helping of sprouts or onions, asparagus or string beans, prepared without butter or cream or oils; coffee, without sugar or cream.

FIFTH AND SIXTH WEEKS

BREAKFAST.—Half orange or half grapefruit, unsweetened; soft-boiled egg without butter; small dry roll or dry piece of toast; coffee or tea (without cream or sugar).

LUNCH.—Small bowl of clear broth; all she wanted of lettuce or cucumbers or celery, prepared without oil or cream dressing.

DINNER.—Three ounces of steak, or chicken, or roast beef, or fish; generous helping of sprouts, or onions, or asparagus, or string beans, prepared without butter or cream or oils; coffee or tea, without sugar or cream.

Increased acidity, a condition which arises from strenuous dieting and exercising, should be warded off by taking a teaspoonful of calcined magnesia morning and night for three days. Discontinue for three days and renew again for another three days during the whole course of reduction.

How to Reduce

JENNIE JONES AND MINNIE BROWN

Jennie Jones spent ten long years a-fattening up her
“figger!”

One day she took to exercise to make it look “less
bigger.”

She stretched and rolled and bent herself and twisted
fore and after,

And Jennie’s pained expression was a matter of
much laughter.

She kept it up for two whole days, mid groans from
sharp-wrenched muscles,

Her face was nigh to bursting from overworked cor-
puscles.

And then she hied her to a scale and stood herself
upon it,

Expecting it to say her form had twenty pounds
less on it,

Forgetting quite her ten years spent a-fattening up
her “figger.”

“I do declare,” cried Jennie Jones, “I can’t say I’m
much trigger.”

I don’t believe that exercise will much improve the
‘figger.’”

Now, Minnie Brown, across the way, was really
much, much wiser.

Jennie Jones and Minnie Brown

She said to Mr. Adipose: "For you it is Good-by,
Sir!

You've hung around me long enough, and all I get
is fatter.

I feel myself a-getting mad—yea, madder than a
hatter.

I'm going to starve you out, old boy! To-day, I
start to diet,

And more than that, I'll exercise! Now just you
watch me try it!"

He watched, did Mr. Adipose, and saw his claim
diminished

As Minnie daily exercised and left her meals un-
finished.

He taunted her from morn 'till night with foods that
were forbidden.

He offered her temptation with its meaning quite
well hidden.

But Minnie scorned him properly; refused his subtle
bait.

Now Minnie owns a figure thirty pounds reduced in
weight.

CHAPTER IX

EXERCISE

No better argument for exercise as applied to the figure need be presented than the remarkable improvement in the men of your immediate acquaintance who were in the service.

Systematic exercise enforced daily and with precision was the reason.

Men who went away with heavy, slow-moving bodies returned shed of adipose burden and with those enviable physical virtues of youth—smartness, activity, and vigor, the virtues which distinguish the fat from the lean.

Now, an obese person who attempts to reduce weight by diet alone is liable to reduce the strength of the whole body. When loss of flesh is acquired rapidly without improving the muscular tone, particularly in middle-

Exercise

aged and flabby persons, complications sometimes arise. The main reliance, however, should be upon food regulation rather than upon exercise. And for the very fat, it is sometimes advisable to reduce by diet before attempting vigorous exercise, as there is danger to this class from overstrain of a fat encumbered heart. In the changing of habits it is well to change them gradually. It would be unwise for the man or woman who has been taking no exercise to go in for a great deal of it suddenly.

But exercise bears an important relation to the weight of the body. It will take off fat. It sends the blood to all parts of the body, and more waste is taken away. In fact, people who are normally active physically approach more nearly the normal standards of weight. Some folk, disinclined to forego dietetic indulgences, will pin their faith entirely on a more or less strenuous form of exercising to get the weight down. Perhaps they will walk three or four miles daily, or swim for a half hour a

How to Reduce

day, or go in for a prescribed course of some kind, and find at the end of a week or two or three no material difference in the degree of rotundity before and after the effort. The trouble lies in the failure to curb the appetite heightened by the strenuous muscular work.

Of course, if one were blessed with a tremendous will power it could be done, but fat people, as a general rule, are fat for the very lack of will power in the direction of food, whatever strength of will they may have for other purposes.

So, what may seem like monotonous forms of exercise, at any rate, difficult to follow consistently and regularly, are better by reason of their being less likely to create an appetite.

Walking has its devotees and always will have. In fact, I know one woman who reduced twenty-five pounds in three months, which she credits to walking. But she admitted that when she began her daily three-mile stunt she had a perfectly outrageous time making her appetite behave. It threatened to

Exercise

kill her walking joy. If she took her constitutional before a meal she did the cook the compliment of calling for more; if after dinner, the hospitable door of the ice cream parlor was too much for her.

However, it was a matter of business with her. It was a matter of holding her present job and of acquiring a better one in the near future. So dire emergency proved the traffic signal for her appetite.

She did it. And by way of discipline when she realized she was at the mercy of a tyrant she began to "shave off" at every meal—not much—

"Just enough," as she put it, "to teach her food hankering a lesson in good behavior."

If you are her kind, walking will do the exercise work for you.

Some kind of exercise has to be done along with dieting in a reducing program. It burns up fat, it strengthens the muscles and hardens them against an early return of extra pounds.

If a person increases the amount of exercise

How to Reduce

he or she is already taking and reduces the food consumption, nothing in the world can stop a reduction in weight. It is not necessary to belong to a "gym" or a physical culture class, although if one can afford the time and money, they are worth cultivating.

The set of home exercises herein set forth includes movements of every muscle in the body. They are clearly illustrated and simple of execution. They are not too strenuous for the reducing beginner. And the demand for more muscular activity as the reducing period goes on is supplied by repeating the movements twice or three times as often and with sharp, muscular precision. Spasmodic attacks have no value. Only by the daily observance of the eleventh commandment: "Exercise to-day" will benefit be derived.

The avoidance of strain must be kept in mind. At first be particular to stop short of actual fatigue. Properly regulated exercise will impart a sense of buoyancy and well-being rather than one of exhaustion or of

Exercise

depression. Before beginning and during intervals between the exercises pay particular attention to the acquisition of the proper carriage of the body. Thus, you will train all the ordinary movements such as walking, standing, stooping, reaching, into exercises of practical value.

In fact, a marked change in abdominal protuberance and girth may be accomplished by a correct posture, which requires that the abdominal muscles be contracted. With the walking you do in your ordinary day you can see to what extensive training you may put these particular muscles. And Lydston says: "Given the firm, well developed abdominal muscles, it is hardly necessary to examine the muscular system."

As a general rule, fat is unevenly distributed. It may be hips upholstered in a conventional design with one, or the stomach with another, or the waist or legs, and so on. Exercise must be taken that will strike emphasis on the regions where the deposit is

How to Reduce

thickest. With the average person the regions most heavily affected are waist, hips, and abdomen.

As I have said before, the exercises herein are simple of understanding and of execution and designed so that they may be taken in small doses and in larger ones. I began with the chin and neck, with an eye to protecting you against a double chin, the telltale of a lot of things, or to remedying it if my protective eye has not reached you in time.

Then the shoulders, arms, back, sides, and chest (with the neck falling in naturally for further assistance) are provided for amply in the arm swinging and stretching movements, the good extending in quantity and to other parts of the body by the maintenance of a correct standing posture.

The waist, hips, sides, and abdomen are given especially good treatment in the three bending exercises, and, incidentally, the upper part of the body receiving benefit as well. The legs, in the next set, are shown how to kick off

Exercise

a pound or two or more, the hips and buttocks and ankles coming in for extra treatment.

Altogether, the entire set of exercises will take not more than ten minutes to execute. It is advisable, however, to increase their performance to fifteen minutes morning and night by repeating them an additional number of times. And if you have time at noon, or in the afternoon, for another ten or fifteen minutes' work—so much the better for your figure. Do them in a well-ventilated room free from drafts, and preferably in a room other than the sleeping apartment, in the morning practice. Loose fitting clothing—night dress or pajamas preferably—is best, and stockinged feet or bare, to allow feet and ankle muscles to be brought into play.

If you will practice these exercises with absolute regularity, it will soon grow into a daily habit and the disinclination to exercise which follows spasmodic performance will soon disappear.

As the exercises have a tendency to accel-

How to Reduce

erate the breathing and the heart action, it is better to rest a few seconds after each movement.

The use of commands is recommended for its value in giving emphasis and precision to the movements. Make the arm exercises particularly short and snappy, giving the command in a smart tone of voice, the neck and chin, also, after you have the movements fastened in your mind. The trunk movements may be a little slower of execution, but the leg movements are adaptable to the smart command. And, of course, you are thoroughly conversant with the value of deep breathing and its fundamental relation to exercise. Inhaling accompanies that part of the exercise which elevates and distends the thorax, and exhaling that part which exerts a pressure against the walls of the chest.

In the neck and leg exercises, breathe naturally. Breathe through the nose.

And exercise before a meal—never immediately after.

Exercise

CORRECT BODY CARRIAGE

Poor carriage of the body is responsible for:

A protruding abdomen.

A round back.

A double chin.

An “old lady’s hump” at the back of the neck.

Or, its masculine gender, the “politician roll.”

Heavily upholstered shoulder blades.

A slouching, dragging gait.

An impaired breathing apparatus.

A good carriage of the body will:

Flatten the abdomen.

Straighten the back.

Hold the chin at an angle preventive of “roll.”

Prevent flesh generally from piling up on unused muscles.

Put “pep” in the walk.

Allow for correct breathing, which, in turn, will aid in the oxidation of food.



CORRECT STANDING POSITION

Exercise

So, before beginning the following exercises, first learn to acquire and maintain a good standing position.

Stand before a mirror to see for yourself its corrective value.

Ready?

Heels in line; knees straight but without stiffness; legs equally stretched; hips square to the front; body erect and stretched up as if you were being held up by the head; abdomen flat; chest high; shoulders square and falling equally; arms and hands hanging naturally, palms of hands lightly touching thighs; weight of the body resting principally on balls of the feet, heels touching ground lightly; head erect and squarely to the front; chin in, but not down; eyes straight forward.

Practice until you can take and retain the position without constraint.



CHIN AND NECK EXERCISES

Exercise

CHIN AND NECK EXERCISES

A. Assume correct standing posture (abbreviated in "A" on opposite page).

B. From "A" turn the head to right as far as possible, holding chin square and shoulders strictly in place, as in "B," then back to "A."

Command: One! Two!

Repeat five times.

Then, turn to the left.

Assume "A" position again.

C. Turn to right as in "B," then a side-back bend ("C") till you feel a strong pull on the neck muscles on opposite side; back to "B," then to "A."

Command: One! Two! Three! Four!

Repeat five times.

Then, to the left.

Rest between movements to prevent dizziness.

D. Same good standing position.

Without altering position of shoulders,

How to Reduce

back, or body, bend head forward and backward as far as possible, without jerking movement.

Repeat five times, gradually increasing.

NOTE—In reducing a double chin, “wattles” that sometimes follow a strenuous reduction, may be prevented from forming under the chin by massaging with a cream or skin food for a couple of minutes, rinsing that off with warm water and then ice, camphorated ice or cold water applied as an astringent.

FOR SHOULDERS, NECK, ARMS, BUST, AND BACK

1. Assume good standing position.

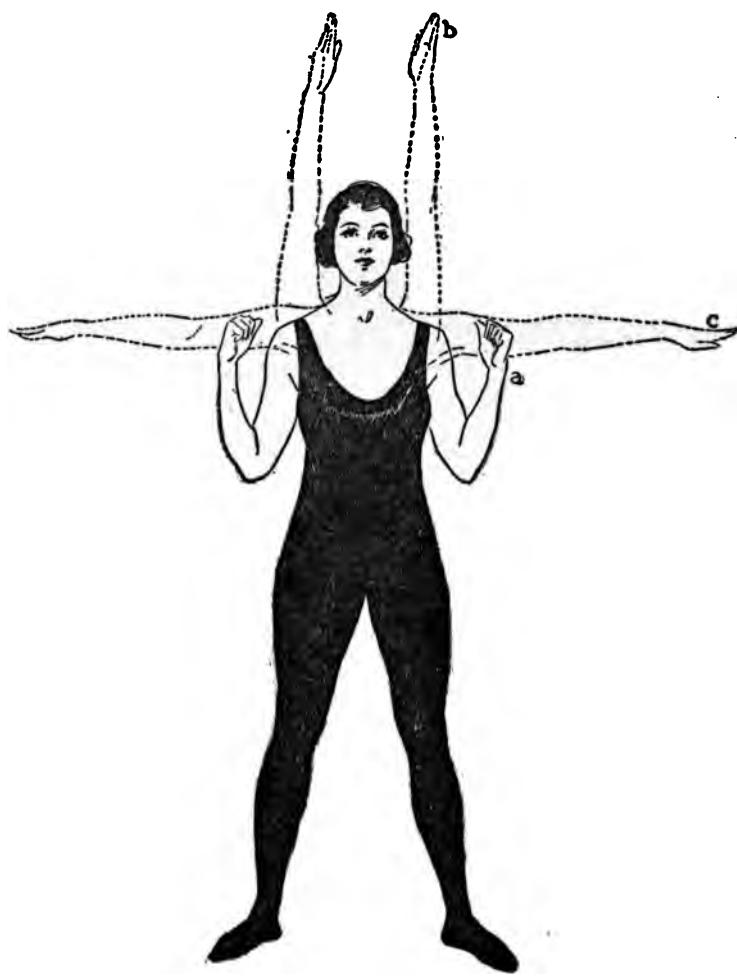
Feet may be about two foot-lengths apart for balance. Bring hands and forearms from sides to shoulder height, with fingers turned in, knuckles out, elbows close to body, with a quick, sharp movement so that you can feel muscles taut and firm, as in “a.”

Repeat five times on command: One! Two!

Then, from “a” shoot hands straight overhead, stretching to finger tips (“b”) and back to “a”; keep palms turned in.

Repeat five times, same command.

Then, from “a” shoot arms sideward,



1

FOR SHOULDERS, NECK, ARMS, BUST, AND BACK

How to Reduce

stretching to finger tips, getting arms in almost straight line from shoulder (("c")), palms down.

Back.

Repeat.

From "a" shoot arms straight forward, same way. (Not illustrated.)

2. Bend arms quickly from sides until fingers are in "a" position on chest, elbows in line with shoulders, wrists straight, palms down, fingers together; fling arms sideward to "b" and back.

Repeat on command.

3. Without moving head or body bring hands quickly up the front of the body to the back of the neck; elbows back, finger tips at back of head about three inches apart; hands back to sides again.

Repeat.

Be SNAPPY with all the above movements so you can feel the muscles pull.

Gradually increase number of times.



FOR SHOULDERS, NECK, ARMS, BUST, AND BACK

How to Reduce

FOR WAIST, HIPS, ABDOMEN, AND SIDES

1. Assume starting position with feet two foot-lengths apart; stretch hands high overhead and bend to left and right as far as possible, carrying hands and arms in one piece, as it were, and holding body from waist down in firm position.

Repeat five times.

2. From correct standing position stretch hands high overhead; bend from trunk and try to touch floor with finger tips, keeping knees straight. By keeping head and back in a fairly straight line you get a bigger pull on back and arm muscles. And further good may be gained by rising on tiptoes for the bend.

Repeat five times.

3. Assume standing position again; arms stretched out at sides. Twist waist to right



1

FOR WAIST, HIPS, ABDOMEN AND SIDES

83



2

FOR WAIST, HIPS, ABDOMEN AND SIDES

Exercise

and try to touch with finger tips of right hand the toes of left foot.

Reverse.

Repeat five times.

When you can touch the toe try to touch floor on a level with the heel of foot for that involves greater waist twisting.

FOR LEGS, ANKLES, BUTTOCKS AND THIGHS

1. Assume correct standing position.

Hands on hips. Raise right thigh and knee forcibly, with muscles tensed until they are at right angles to the body; lower leg to floor. Do not derange position of trunk, nor relax muscles on lowering knee. Stretch foot to toe tips.

Repeat five times.

Then with left foot.

2. Swing right leg forward and extend right arm (both with forcible movement); force leg upward until it touches hand, keep-



3

FOR WAIST, HIPS, ABDOMEN AND SIDES



1

FOR LEGS, ANKLES, BUTTOCKS AND THIGHS

87



2

FOR LEGS, ANKLES, BUTTOCKS AND THIGHS

88

Exercise

ing other leg straight, knee unbent and foot firmly on ground. Also, keeping body from inclining forward.

Repeat with left leg and left hand.

Five times each, gradually increasing.



CHAPTER X

RECIPES WITHOUT BUTTER, FLOUR, AND SUGAR

SPANISH EGGS

6 eggs	
$\frac{1}{3}$ cup stewed tomato	1 small onion
1 tablespoonful lemon juice	1 teaspoon salt
	1 teaspoon celery salt
2 doz. ripe olives	

Beat the eggs slightly. Put the tomato through a colander and add to the beaten eggs. Add lemon juice, salt, celery salt and grated onion. Cut the olives from the stones and add to the mixture. Turn into a double boiler, and cook until thickened, stirring constantly.

BROILED TOMATOES

Wipe the tomatoes, cut in halves crosswise. Sprinkle with salt and pepper, place on a well-greased broiler, and broil six to eight minutes.

STUFFED PEPPERS

Six green peppers	One medium-sized onion
Two tomatoes or one cupful stewed tomatoes	chopped
	2 tablespoons hot water
	1 teaspoon salt

Recipes

Cut the tops from peppers and remove seeds, then wash them. Mix the other ingredients and stuff the peppers with the mixture. Put the tops back on the peppers, stand them in a baking dish in which there is about an inch of water. Bake in a quick oven about twenty minutes. A little lean chopped beef may be added to the stuffing, if desired.

CABBAGE IN TOMATO

1 quart chopped cabbage	3 cups strained tomato
	1 teaspoon salt

Stew the chopped cabbage in an uncovered dish with the strained tomato about one-half hour, or until tender.

MUSHROOMS BAKED WITH TOMATOES

In a baking dish arrange layers of peeled sliced tomato. On each slice place a fine thick mushroom, gill side up. Season with salt and pepper. Cover dish and bake in hot oven for ten minutes, uncover and bake from five to ten minutes.

BROILED MUSHROOMS

Clean mushrooms, remove stems and place caps on broiler. Broil five minutes, having the gills nearest

How to Reduce

flame first half of broiling. Sprinkle with salt and pepper.

BAKED EGG AND TOMATO

Scoop out pulp from a medium-sized tomato. Put an egg into it, season with salt and pepper, replace top. Put in baking pan, and bake until egg is formed.

CABBAGE SALAD

Two stalks celery	1 green pepper
One-fourth small head cabbage	1 cucumber

Chop finely and serve with a vinegar, salt and pepper dressing.

COTTAGE CHEESE AND OLIVE SALAD

To one tablespoonful cottage cheese add one teaspoonful chopped olives (plain or stuffed with pimento). Mold into balls and serve on lettuce leaves.

CHEESE AND TOMATO SALAD

Peel and chill tomato, scoop out portion of pulp. Fill space with cottage cheese mixed with chopped green pepper. Onion may be added. Vinegar dressing.

Recipes

SHRIMP SALAD

1 can shrimp	1 cup chopped celery
Salt and paprika to flavor	Squeeze lemon juice over salad

CRABMEAT-PINEAPPLE SALAD

1 head lettuce shredded	3 slices pineapple
1 can flaked crabmeat	Lemon juice or vinegar

Cut pineapple into small pieces; mix well and serve with lemon juice, or vinegar, salt and pepper.

APPLE AND CELERY SALAD

1 cup diced celery	1 cup diced apple
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Peel apples and cut into half-inch cubes. Marinate with 1 tablespoonful lemon juice, mixing well. Cut celery quite finely and mix with apples. Season with paprika and serve on lettuce.

COMBINATION GREEN SALAD

6 medium-sized tomatoes	6 radishes
2 small cucumbers	1/2 sweet green pepper

Slice tomatoes and cucumbers. Arrange sliced radishes over tomatoes and cucumbers. Chop green

How to Reduce

pepper and sprinkle on top of other vegetables.
Serve with vinegar dressing.

STRING BEAN SALAD

2 cups string beans 1 lemon
1 cucumber

Marinate cold cooked string beans cut in small pieces with juice of lemon. Add finely chopped cucumbers. Salt and pepper to taste. Serve on lettuce. This can be made without the cucumbers as well.

Cucumbers and onions, sliced thinly, or watercress with cucumbers cut in thin slices; tomatoes and cucumbers or tomatoes and celery are other salad combinations which may be served with vinegar, salt and pepper dressing. A spiced vinegar or tarragon vinegar may be used as a variation.

TARRAGON VINEGAR

Three ounces tarragon leaves. Put into a quart fruit jar and fill with good vinegar. Close and let stand twenty days, then strain.

CUCUMBER SAUCE

Broiled fish may be served with a cucumber sauce made by grating or chopping finely one-half pared cucumber and seasoning with salt, pepper, and vinegar.

Recipes

OTHER PALATABLE FOOD SUGGESTIONS

Crabmeat cocktail }
Lobster cocktail } both without mayonnaise
Combination salad
Green pepper stuffed with cabbage
Cold slaw
Broiled lobster
Pineapple and cheese salad
Iced tea with sliced orange
Pickles
Broiled squab
Broiled onions
Spinach with hard boiled eggs.

How to Reduce

ALWAYS GOING TO

There was a little girl
And they called her "Going To"
'Cause of the many, many things
She was always "Going To" do.

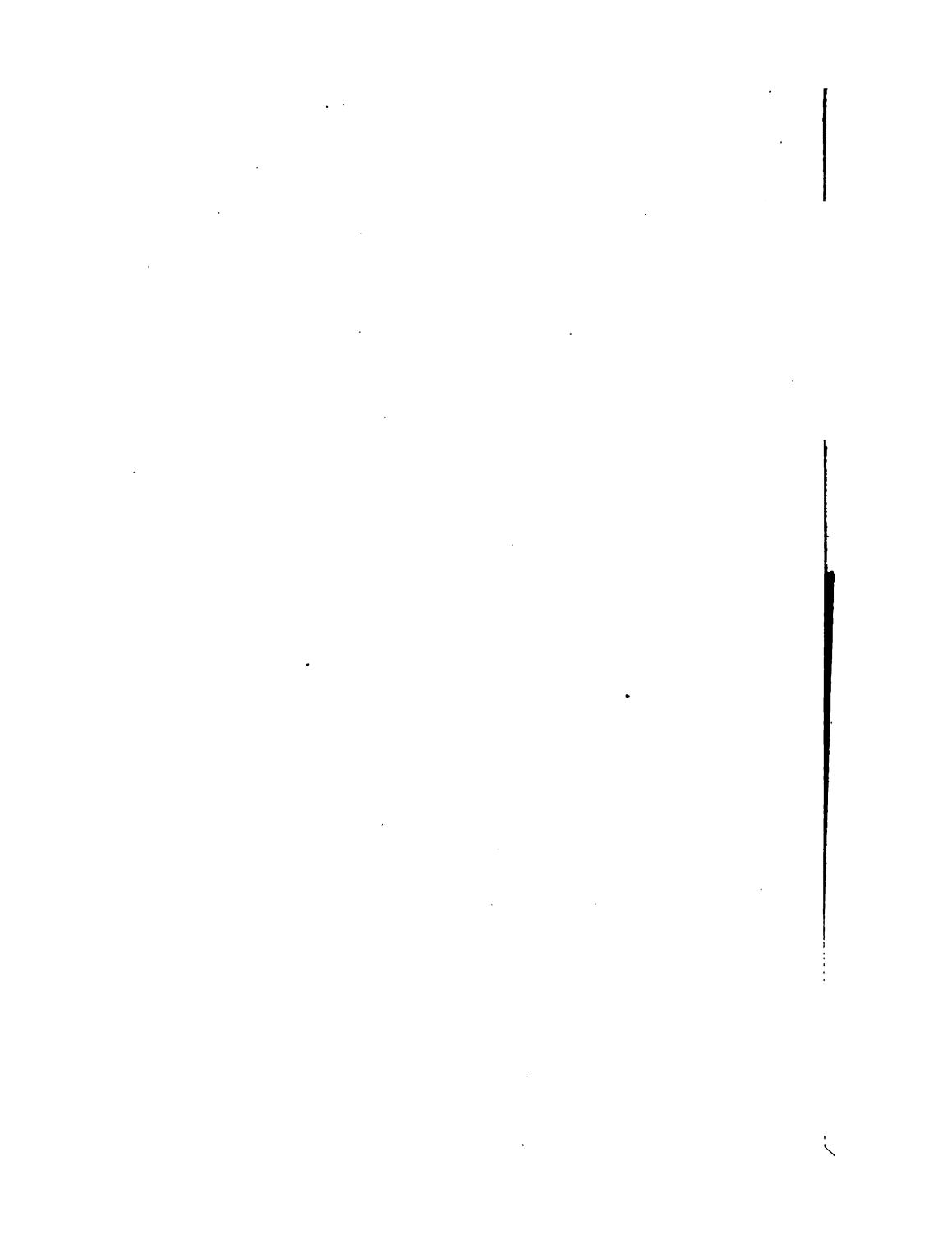
She grew into a great big girl,
And daily grew she rounder.
Yet, only shook her lazy curl
While fatness did abound her.

O, she was always "Going To"
Reduce her shocking weight—
She'd start right in to-morrow
Before it got too late.

But to-morrow 'twas: "To-morrow
I am going to begin."
And to everybody's sorrow
The to-morrow never came.

It was writ upon her tablet:
"Here lies Miss 'Going To,'
'Cause of the many, many things
She was always Going To do."





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